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MONDAY, AUGUST 22, 2016



WORLD CLASS



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FAMILY

Woman runs with mom one last time

Most runners crossing the finish line of the Edmonton Marathon this weekend held their arms high in victory with smiles on their face — but Rebecca Chelmick had her hands clasped against her chest and tears running down her face.

Chelmick was carrying her mother's ashes, the urn tightly pressed against her, fulfilling a promise that one day they would complete a race together.

Chelmick's mother died in March awaiting a liver transplant that never came, but before passing away she told Chelmick she wanted to run with her family.

"She wanted to run a race with me and my sister and our kids. She didn't make it, so I decided to cross the finish line

for her," she said.

On Sunday, after crossing the finish line, Chelmick said running the race was the easy part, comparatively speaking.

"It was really emotional. I find I am more tired from the emotion than from the actual race," she said. "It was surreal. I have been thinking about this for months and I just really wish my mom would have been here, but I know that she is."

She said there were times when she wanted to quit, but she had lots of support along the sidelines.

"There were points where I didn't know if I was going to finish, but I just kept talking to my mom along the way to get the strength to do it."

RYAN TUMILTY/METRO



Rebecca Chelmick holds her mom's urn close as she crosses the finish line in the half-marathon Sunday. RYAN TUMILTY/METRO



Left: Brendan Lundy crosses the finish line at 2:35:21. Right: Dawn Ladds-Bond crosses the finish line at 3:10:32. RYAN TUMILTY/METRO



Marathon winners fight time, heat, age

RUNNING

Champions remark on changes from past years



Ryan Tumilty
Metro | Edmonton

On his birthday, Brendan Lundy scored a win in the Edmonton Marathon and a victory over time.

Lundy, the male top finisher, won the race in 2010 and on his 38th birthday won it again.

"It's fantastic. I won six years ago and I am getting old but I guess I can still keep up," he said.

He finished with a time of 2:35:21 — longer than he wanted. He said while the heat was a factor, it wasn't the definitive one.

"I think it was that I am old that slowed me down. I think me slowed me down," he joked.

Lundy was among 4,500 people participating in Sunday's race, which included the



I am getting old but I guess I can still keep up.

Brendan Lundy

full marathon, half marathon as well as 10-kilometre and five-kilometre events.

Dawn Ladds-Bond, 37, won her first ever marathon with a time of 3:10:32 and was thrilled at the finish line.

"It's crazy; I love it," she said.

"It's unreal. I can't believe I won today."

She said the Edmonton race is great, with enthusiastic crowds and lots of support. She said a good start is the key on the course.

"If you play your cards right in the first half, then the second half is pretty forgiving," she said.

Ladds-Bond, who last ran the race in 2011, said she has seen a lot of change in the event.

"It feels more like a big-city marathon. It was always great, but before it felt a little cozier, a little smaller."

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'Lie detector' a tricky test

PSYCHOLOGY

Polygraphs used for work, relationships, legal matters



Kevin Maimann
Metro | Edmonton

Ken Donaldson and his polygraph wield a lot of power.

Couples take polygraph exams — commonly known as lie detector tests — as the final word on whether one party is cheating. Employers do the same to weed out thieving employees.

Clients of Donaldson's business ITR Polygraph, which he and his wife Lesley run in St. Albert, include criminal justice lawyers, judges and Members of Parliament.

"It brings me no joy to tell somebody they failed, but it's what we do," Donaldson said.

"I feel sorry for people who make mistakes. But the bottom

“

It brings me no joy to tell somebody they failed, but it's what we do.

Ken Donaldson

line is we have to own our own behaviour and deal with the fallout."

His favourite cases are those where an accused finds redemption. He recalls one example when a man lost his job after being accused of stealing lumber, and took a test to prove to his family that he was innocent.

"I'm a skeptic and a terrible liar, so I couldn't write on polygraphs without strapping myself in."

Donaldson put chains across my stomach and chest, then connected two wires to my fingers and a blood pressure pump to my right arm, in front of a small video camera that captured my movements.

The device was hooked up to a laptop to measure two channels of breathing, galvanic skin response and perspiration, pulse rate and blood volume.

I picked a number, wrote it down and placed it underneath my leg, and answered "no" when Donaldson asked if I had picked each number from one through seven. He waited 25 seconds between every question for my body to reset.

I'd been up late reading about ways to beat a polygraph, and tried every strategy I could remember — clenching my toes, biting my tongue or thinking scary thoughts to throw the ma-

chine for a loop each time I uttered a "no."

After running twice through the numbers, he showed me my graphs and they were all over the place, with no clear indication of where I was lying.

I had picked six.

"I didn't see as much reaction from you in six as I did in these other ones. But I think it's because the breathing patterns are changing quite a bit," Donaldson told me.

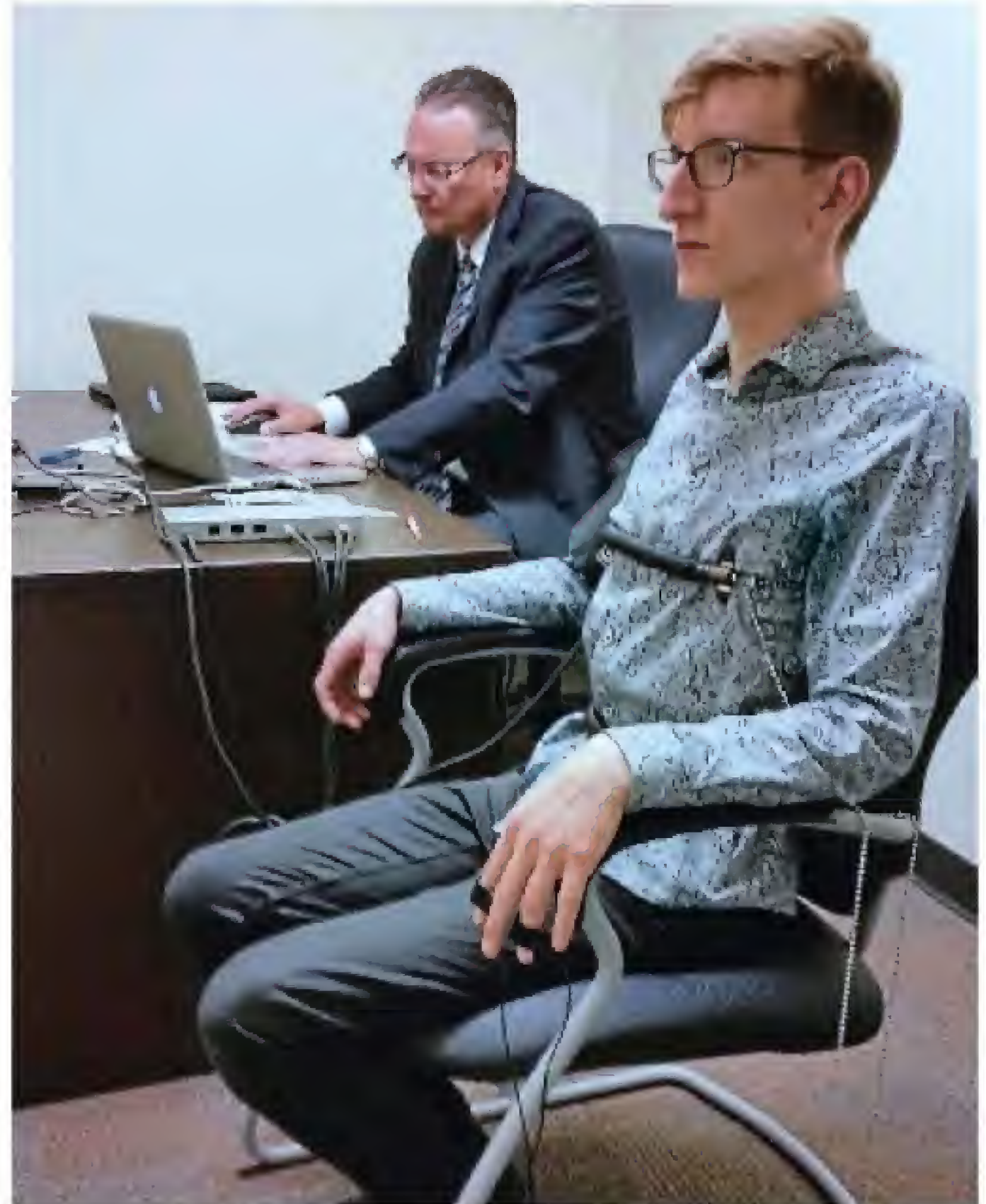
He did, however, notice a slight "echo" in my heartbeat after No. 6 that was absent from the other numbers, which could have given me away.

In a case where there is actual jeopardy, Donaldson would print out the readings and analyze them carefully.

A client will react differently when the stakes are high, whereas mine were nonexistent — so it's impossible to say whether I could have beaten a full test. If I had to guess? I don't think I could pull it off.

+ POLICING

The Supreme Court of Canada rejected the use of polygraph exams as evidence in court almost 30 years ago, but the Edmonton Police Service still puts every recruit through a polygraph. EPS spokesperson Anna Batchelor said police also use the device as an investigative tool "when appropriate," though she could not offer further details.



Metro reporter Kevin Maimann nervously awaits his polygraph exam. LESLEY DONALDSON

+ ERRORS

A 2002 National Academy of Sciences review determined the devices catch most lies but produce too many false positives. There have been at least two cases in the U.S. in which courts determined prisoners were wrongly sentenced after confessions extracted by polygraph tests.

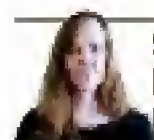
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ROAD SAFETY

Separated bike lanes best: Study



Samantha Power
For Metro | Edmonton

Local blogger Michael Ross has crunched the numbers concluded, not surprisingly: separated shared bike paths are the best way to keep cyclists safe.

Ross, who runs the popular blog Extreme Engineering, compared annual weekday traffic and bicycle injuries per kilometre on various lane types and found separated shared paths was a safer way to travel than on road painted bike lanes.

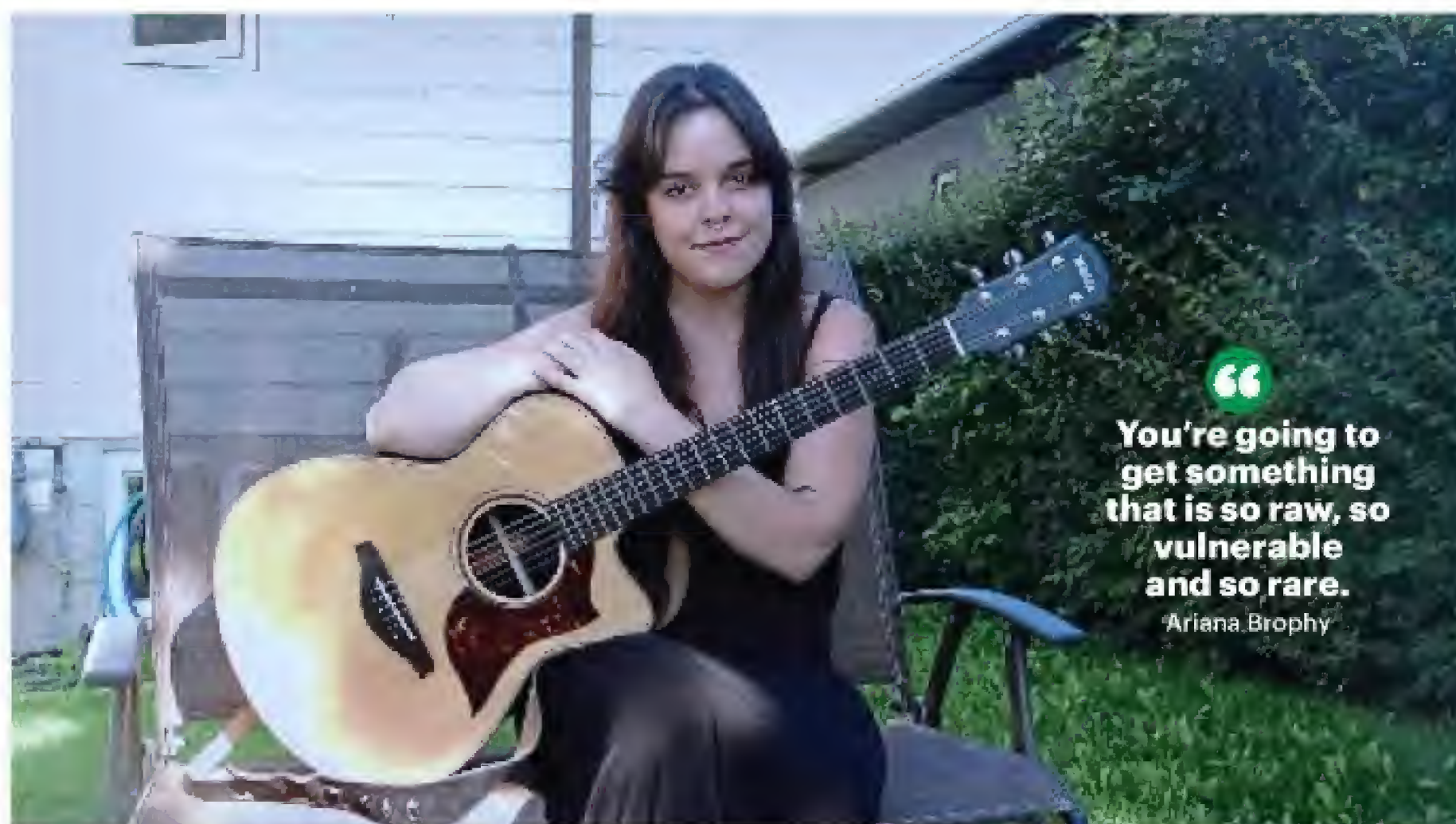
"It's very hard to say that the painted bike lanes provide any sort of safety to cyclists relative to non-bike lane streets," said Ross. "When you compare it to separated bike paths those are much safer by a factor of two to a factor of six to normal roads."

He admitted painted bike lanes are less common so the analysis has a bit more variance to it.

Ross used the analysis on cycling injuries done by Slow Streets which pinpointed where cyclist injuries and collisions with vehicles were most likely to occur. That data was based on vehicle collision information Paths for People advocated for the city to make public.

Ross says the open data available could help to create more informed conversation on the need for cycling infrastructure.

"Right now all we can really do is speculate based on injuries, which is a sort of morbid way to go about it," said Ross.



"You're going to get something that is so raw, so vulnerable and so rare."

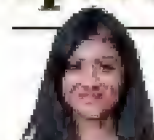
Ariana Brophy

Folk musician Ariana Brophy started Sofar Sounds in Edmonton after experiencing frustration with her own performance experiences. SANAM ISLAM/FOR METRO

Secret music events

CULTURE

Local musician launches cosy space concerts



Sanam Islam
Metro | Edmonton

For a long time, folk musician Ariana Brophy struggled to find intimate venues where people really came to listen to the lyrics and the music.

Then, late last year, she heard from a friend about Sofar Sounds,

a global initiative found in 268 cities that aims to bring back the magic to live performances.

Local chapters organize cozy, invitation-only performances during which audience members are asked to not talk, keep their phones in their pockets, and to arrive on time.

"I thought, 'I have to make this happen in Edmonton,'" Brophy said.

In May this year, she and a small team put on their first Sofar Sounds show. Since then, they've organized three other concerts, which have grown in size and taken place at venues

such as Vacancy Hall and The Aviary, she said.

"We live in a very technological world where people are constantly on Facebook and Instagram or texting people, which is fine," Brophy said.

"But when musicians are writing about things that are very deeply personal to them — and it's a hard thing to do — and people are paying attention to them, you're going to get something that is so raw, so vulnerable and so rare. It's about having respect for the artists."

Artist lineups — which in Edmonton have included musi-

cians, poets and spoken word artists — are kept secret for similar reasons.

"Sometimes people will just show up to see one artist and they won't stick around to see the rest, so it's to prevent that. It also gives a chance for newer artists to have an audience," Brophy said.

Sofar Sounds' venues, which around the world range from warehouses to people's living rooms, are only revealed to guests the day before the performance to avoid gatecrashing.

The next show takes place on Aug. 23.

RESPECT

Treaty No. 6 Recognition Day marked



Alex Boyd
Metro | Edmonton

Treaty No. 6 Grand Chief Randy Ermineskin and Mayor Don Iveson were among leaders gathered Friday morning to watch the Treaty 6 flag get hoisted up the flag pole at City Hall.

They were there for Treaty No. 6 Recognition Day, and to mark 140 years since the treaty was signed between the Plains and Wood Cree, Nakota, Saulteaux and Dene people and the Crown.

"On behalf of our seventeen First Nations of Treaty No. 6 and our political ally whose First Nation was split in half when Alberta and Saskatchewan became provinces, I extend our hand of friendship to the Mayor, his Council and the citizens of Edmonton," Ermineskin said.

He added that Treaty No. 6 Recognition Day, which the city created in 2013, is a "positive step forward" to reconciliation and building a relationship between the city and First Nations.

"Today I am honoured to recognize that Edmonton is part of Treaty No. 6 territory and we share the history, vibrant culture and unique contributions of Treaty No. 6 First Nations in our great city," Iveson said in the same release.

The flag will fly outside City Hall for the next week, before returning to its usual spot inside the building.

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Learning to do what you love

MYfirst SUMMER JOB



Alex Boyd
Metro | Edmonton

The summer job is a rite of passage, usually involving low pay or menial labour, but always memorable. Every Monday this summer, as thousands of students across Edmonton suit up for a first taste of the working world, we're talking to notable Edmontonians about their first summer job.

This week we talk to Kris Wells, a director at the Institute for Sexual Minority Studies and Services and assistant professor.

What was your job and what did you make?

I was a unit clerk at the University of Alberta hospital, which was about 15 or 20 dollars an hour. I graduated from high school and I applied to the U of A, but didn't get in. I laugh about that now, because here I am, three degrees later, working there. So don't give up!

But I needed a job and my mom was working in nursing and a position came up as a

unit clerk, which is someone who runs a nursing unit. It was a high-paying job but so stressful it scared me all the way back to university!

What was a typical day?

I was doing shift work. I worked 3 to 11. As a teenager you get up at 1 and go to work and when you get off all your friends are going to bed. You're saying, "Hey, lets do something!" but everyone's asleep already.



It was a high-paying job but so stressful it scared me all the way back to university!

Kris Wells

Were you good at it?

Good enough at it to know I didn't want to do it. It was sort of great from the income standpoint but I had all this responsibility. I was in charge of running this unit, record-keeping, translating doctors' orders. You're at the heart of the nursing unit. There was all this pressure and it was enough to say, "Nope, I'm

not ready for the real world, no matter how much money I'm making. I need to go back to university," and that's when I went back and went into education.

Best thing?

Definitely the pay.

Worst thing?

The buck stopped with you, you were responsible for everything. It was high stress, obviously you don't want to make mistakes because it could have consequences for a patient's well-being. There weren't computers then, so everything was on charts and paper, you had to be on top of it. You were working with these educated people in a high-stress environment and if you couldn't keep up you'd be eaten alive.

Did you learn anything you use in your current job?

It taught me that money isn't everything. You can make a lot of money but if you're in a job that you don't like or isn't for you you're not going to be happy. It's about following your passions and what motivates you and energizes you to want to go to work every day and income will follow.



Kris Wells is one of the directors of the Institute for Sexual Minority Studies and Services as well as an assistant professor. CONTRIBUTED

IN BRIEF

Myer Horowitz Theatre to undergo major renovation

The University of Alberta's Myer Horowitz Theatre is about to get an \$11-million renovation.

The U of A Students' Union held a fundraising kickoff Friday afternoon to announce it has awarded a contract to DIALOG, a firm that has worked with the Winspear Centre, ATB Financial Arts Barns and the Citadel Theatre, to take on the job.

KEVIN MAIMANN/METRO

Boil water advisory expected to be lifted

Residents in Stony Plain should be able to drink their water without boiling it by Monday afternoon.

The town was under a boil water advisory for most of the weekend after a main water line broke. The problem was expected to be dealt with by noon on Monday.

In addition to the boil water advisory, the community briefly lost all water service during the repairs. METRO

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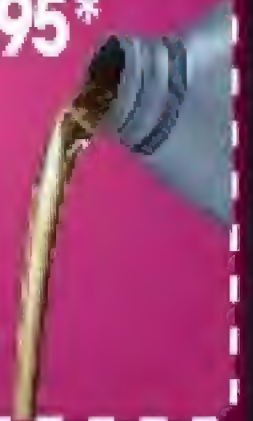
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Mohammed Ibrahim, a Syrian refugee with an amputated leg, catches a wave. THE CANADIAN PRESS

Water is 'freedom'

INCLUSION Surfers with disabilities hit the waves in Nova Scotia

Surfers of all abilities hit the water at a Nova Scotia beach this weekend for They Will Surf Again, an event that allows people with disabilities to enjoy the freedom of riding the waves.

More than 40 people with disabilities, including 14 recent immigrants from Syria and Iraq, signed up for the event at Martinique Beach near Halifax on Saturday. Organizers say it is the only Canadian stop for Life Rolls On, which sets up similar events in cities across the continent.

Jesse Billauer, who founded the U.S.-based organization after a surfing accident rendered him quadriplegic around 20 years ago, flew in from Cali-

fornia to support the roughly 115 volunteers assisting with the event.

"It makes you feel weightless ... A lot of people in wheelchairs don't get that sensation," Billauer says. "By being able to get out into the ocean, (they) have that freedom and independence they might have lost."

Justin Burdon, who has a brain injury, experienced the ocean for the first time in 12 years as he rolled along the waves with a full-faced grin, his surfboard guided by a group of volunteers.

His mother, Elizabeth Burdon, says "his smile says it all." She says it's usually hard for individuals with disabilities to get to the beach.

"When you're restricted physically in your body ... I think being able to move along effortlessly on a surfboard in the water must just seem like freedom," she says. "(You're) on par with everybody else."

THE CANADIAN PRESS

IN BRIEF

Scoop victims go to court
Thousands of aboriginals who argue the federal government robbed them of their cultural identities finally get their day in court this week but will have to wait months for Canada to make their case in the unprecedented class action Ottawa

has fought every step of the way.

The plaintiffs and supporters from all over Ontario are expected to rally at the courthouse on Tuesday as their lawyers press for summary judgment in the legal battle started in February 2009. THE CANADIAN PRESS

RETREAT

Philpott aims to shed controversy

Prime Minister Justin Trudeau and his cabinet went back to school Sunday with one minister — Jane Philpott — trying to shed her newfound reputation as a problem pupil.

The health minister used the start of a two-day cabinet retreat at Laurentian University to apologize in person for repeatedly using a pricey luxury car service owned by a man who volunteered on her election campaign last fall.

Casting the controversy as a learning experience for all ministers, Philpott repeated her vow, made in a written statement last week, to reimburse at least \$3,700.

"I'm happy now to say in person, in front of all of you, that I apologize for what took place," Philpott told reporters on her way into the retreat, her first public appearance since the controversy broke last week.

"The costs were too high.

Those costs were inappropriate and I apologize for that."

Philpott called the controversy "a mistake" and insisted she never deliberately intended "to do anything that was wrong."

Still, she admitted that she could have been more clear when she told Parliament, in a written response to an opposition question placed on the House of Commons order paper, that she'd never used a limousine service.

THE CANADIAN PRESS



Health Minister Jane Philpott
THE CANADIAN PRESS

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MIDDLE EAST

Brother of wounded Syrian boy has died

The brother of a wounded Syrian boy who gained international attention has died three days after suffering serious injuries in an air raid on the northern Syrian city of Aleppo, opposition activists said Sunday.

The Britain-based Syrian Observatory for Human Rights and Aleppo-based activist Baraa al-Halaby said that Ali Daqneesh, 10, died on Saturday from wounds sustained in the same airstrike on a rebel-held neighbourhood in Aleppo.

Syrian activists released haunting footage showing Ali's brother Omran Daqneesh, 5, rescued from a partially de-

stroyed building in the aftermath of the airstrike late Wednesday. Omran was treated and later discharged.

The Halab Today opposition TV station posted a photo of Ali in a hospital with a tube coming out of his mouth, saying he later died from his wounds.

Omran was rescued along with his three siblings and his parents from the rubble of their partially destroyed apartment building, according to photo-journalist Mahmoud Raslan, who took the memorable photo. The building collapsed about an hour after the family was rescued. THE ASSOCIATED PRESS



Ali Daqneesh, 10, the brother of Omran, who gained international attention, has succumbed to his injuries. RAP SANCHEZ/TWITTER

U.S. ELECTION

Trump attempts to reach black voters

Republican presidential nominee Donald Trump said his party must do a better job appealing to African-American voters and that he wants the GOP to become their political home as it was in the era of Abraham Lincoln.

"I fully recognize that outreach to the African-American community is an area where the Republican Party must do better,

and will do better," Trump said during a rally in Fredericksburg, located between Richmond and Washington in the critical battleground state of Virginia.

In spite of rhetoric that alienated many minority voters, Trump said that he wants "an inclusive party." He noted that the "GOP is the party of Abraham Lincoln."

THE ASSOCIATED PRESS



People mourn for victims of a weekend attack on a wedding party that left at least 51 dead in Gaziantep in southeastern Turkey near the Syrian border. AFP/GETTY IMAGES

Child bombs wedding party

TERRORISM

More than 50 killed in Daesh suicide attack

A child suicide bomber killed at least 51 people and wounded nearly 70 others at a Kurdish wedding party near Turkey's border with Syria, President Recep Tayyip Erdogan said Sunday, decrying the attack as an apparent attempt by Daesh extremists to destabilize the nation by exploiting ethnic and religious tensions.

"As of now, the preliminary conclusions by our governor's of-

fice and the police establishment point to an attack by Daesh," Erdogan said.

"It was clear that Daesh had such an organization in Gaziantep or was attempting to make room for itself in recent times," he said.

The bombing late Saturday in Gaziantep was the deadliest attack in Turkey this year.

It comes amid ongoing struggles between the government and Kurdish militants linked to the outlawed Kurdistan Workers' Party, known as the PKK, and as the country is still reeling from the aftermath of last month's failed coup attempt, which the government has blamed on U.S.-

based Muslim cleric Fethullah Gulen and his followers.

Erdogan said immediately after the Gaziantep attack, which he blamed on Daesh, that any strategy "meant to incite the citizens against each other along ethnic and religious lines will not work."

Later, addressing the nation, Erdogan said the attacker in Gaziantep was aged between 12 and 14. He said 69 people were wounded, with 17 of them in critical condition.

The pro-Kurdish political party HDP condemned the attack on the wedding, which it said was attended by many of its party members. THE ASSOCIATED PRESS

Use of kids common with Daesh

The suicide attacker who detonated his explosives amid an outdoor Kurdish wedding party in southeastern Turkey, killing at least 51 people, was a Daesh child as young as 12 years old. The extremist group has a history of using children as weapons, sending them to their death strapped with explosives and putting them on front lines in Iraq and Syria.

The group maintains an army of child soldiers, which it calls "cubs of the caliphate," and seeks to re-educate children at Daesh-run schools, indoctrinating them with their own radical version of Islam and exposing them to violent acts including beheadings as part of a concerted effort to build a new generation of militants. Daesh videos have shown boys killing the group's opponents through beheadings and shootings. THE ASSOCIATED PRESS

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Baghdad rebuilds site of mall bombing

KARRADAH STREET

Engineers say reconstruction efforts will take months

Traffic began to file through central Baghdad's busy Karradah street on Sunday for the first time in nearly two months.

After the July 3 attack that

killed close to 300 people, the street was sealed off and within days the shells of the charred buildings around the scene of the blast were covered in death notices. For weeks after the attack, grieving families and loved ones gathered at the site to light candles in the evenings, others marched in protests.

Local Baghdad authorities began to sweep all of that away Saturday after a group of local officials visited the site. By Sunday



We feel like life can return to normal again and we can go back to providing (for) our families.

Silwan Walid

morning the streets were almost entirely cleared.

"Today we must return to our normal lives and work," said Silwan Walid, a 29-year-old perfume shop owner who works on the street. Walid said watching

construction equipment haul off broken glass and charred debris gave him hope for the future.

"Now we feel like life can return to normal again and we can go back to providing our families with a decent living,"

he said, referring to his shop that has been unable to reopen while the site was blocked off.

A team of engineers at the site said the reconstruction project would take at least four months. One of the most difficult aspects will be determining which buildings can be restored and which will need to be completely demolished, said Saleh al-Obeidi, one of the engineers.

The Karradah disaster put the Iraqi government under intense

pressure, both to improve security in the capital and to reign in rampant corruption.

Many of the dead from the July 3 attack survived the explosion but burned to death inside the two neighbouring malls due to a lack of emergency exits and insufficient fire-suppression systems — something critics blamed on a corrupt system allowing building owners to circumvent basic safety regulations.

THE ASSOCIATED PRESS



TOURISM BRIDGING THE GAP Visitors cross the world's highest and longest glass-bottomed bridge above a valley in Zhangjiajie in China's Hunan Province on Sunday.

AFP/GETTY IMAGES

DIPLOMACY

Kerry visits Kenya to talk regional security

U.S. Secretary of State John Kerry arrived Sunday in Kenya to hold talks with leaders of the East African nation that are expected to focus on regional security and extremism.

Kerry's plane touched down at Jomo Kenyatta International Airport Sunday night, where he was welcomed by Foreign Affairs Minister Amina Mohamed.

Presidential spokesman Manohar Esipisu had said earlier that Kerry will hold discussions with President Uhuru Kenyatta on regional security and stability.

Esipisu says specific issues likely to be discussed include stabilizing northern neighbour South Sudan, which is dealing with a recent upheaval, and developments in Somalia and Burundi.

Somalia faces key parliamentary elections next month and a presidential election in



U.S. Secretary of State John Kerry THE ASSOCIATED PRESS

October.

A homegrown al-Qaida-linked extremist group al-Shabab continues to launch deadly attacks in the capital.

The country has been trying to rebuild after establishing its first functioning central government since 1991.

THE ASSOCIATED PRESS

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Food-truck growth keeps on booming

ENTREPRENEURSHIP

Industry still trying to find its place

Emmanuel Guardado had always dreamed of starting his own food business, but it was only when he lost his job in the oil-and-gas industry that he decided to dive in.

"I got laid off from my job and figured, what better time to do a food truck?" he said.

Seeing almost no food options in Calgary from his native El Salvador, Guardado set his theme around the street foods of his

homeland, including the stuffed tortillas know as pupusas.

Hitting the road in April, Guardado has now joined the ranks of food truck owners lured by the flexibility and relatively low start-up costs as the industry shifts from buzzy upstart to an established category in the Canadian food landscape.

In Calgary alone, 76 permits for food trucks have been issued this year, up from 47 a couple years ago — and the highest number since the city started offering them in 2011.

But Guardado says there's still room for more.

Toronto has also seen a bump



Emmanuel Guardado owns the QueChivo Salvadoran food truck in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

in food truck permits after the city shrunk the required buffer between trucks and restaurants from 50 metres to 30 metres,

now more in line with Calgary's 25-metre spacing.

"Last year really was a massive victory for us," said Zane

Caplansky, owner of Caplansky's deli and a Toronto food truck pioneer who's been up and running since 2011.

With regulations that Caplansky says were "archaic and repressive" now gone, on-street permits have gone from 16 in 2014 to 56 this year.

But with parking spaces for big trucks still a problem, and crowds unreliable, Caplansky says it's still a challenge to operate on the streets of Toronto.

"It's a tough business," he said. "You can do very well, or you can lose a lot of money very quickly."

Many truck owners, Caplansky says, are skipping the street

permits and sticking to private events like weddings and food truck festivals where the customers are guaranteed.

The fact that the number of food trucks aren't skyrocketing despite the loosening regulations has helped ease tensions with the restaurant industry, which has fought to keep buffers in place to respect the property taxes and investments restaurants have made.

"It's largely settled down," said Mark von Schellwitz, vice president of Western Canada at Restaurants Canada. "Generally the two are co-existing quite well." THE CANADIAN PRESS

LONDON

Overnight subways to service 50,000

London's new overnight subway service has begun, with plans to host 50,000 riders each weekend.

Mayor Sadiq Khan took the first Victoria line train on the new service early Saturday, chatting with passengers and marking the milestone. City leaders hope the new service will make the British capital a truly 24-hour city on the weekends and bolster its economy.

London already boasts a vibrant nightlife that attracts millions. But the service is also meant to serve doctors, cleaners and others who work graveyard shifts.

Police say they will be able to keep revelers in check.

Chief Constable Paul Crowther of the British Transport Police says "someone who's had a lot to drink at eleven o'clock is no different from someone who's had a lot to drink at three o'clock."

THE ASSOCIATED PRESS



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LOUISIANA

Rice harvest feels effect of flooding

Heavy rain that brought record flooding to Louisiana recently has put a damper on the U.S.'s harvest of rice, a food staple that usually likes water as it grows but can't be gathered by machine if fields are inundated.

While rice is an aquatic plant, this is the time of year when farmers drain their land and roll in heavy equipment for the harvest. Some fields remain unreachable in parts of Arkansas and Louisiana.

"I've heard from a lot of the farmers the water level has been higher than a lot of the past hurricanes," said Dustin Harrell, a rice agronomist at the LSU Agriculture Research Center near Rayne, Louisiana. Two feet of rain fell in parts of the state.

The 2016 crop was expected to be 26 per cent larger than 2015's, according to Eric Wailes, an agricultural economist at the University of Arkansas. Losing part of this year's crop shouldn't trigger price increases for rice used for food, or for anything uses rice as an ingredient, he said.

"Having a much larger crop swamps this event," Wailes said. "It's premature to make a strong assessment of what it all means."

THE ASSOCIATED PRESS

YOUTUBE

Canadian knocking it out of the box

Lewis Hilsenteger achieved viral stardom by thinking outside the box.

Millions watch the 31-year-old, who owned an Apple technology repair-and-upgrade store near Toronto's Ryerson University, unpack and test gadgets on YouTube. In one clip, he tries out a breathalyzer that plugs into your smartphone; in another, he attempts to knock over the "unspillable cup."

He is a star of the "unboxing" video genre, which lets viewers experience the vicarious thrill of unwrapping new products.

Today, his most popular clip — seen more than 68 million times as of this writing — remains a 2014 video showing him bend the iPhone 6 Plus with his bare hands. The video was the fifth highest-trending upload to YouTube that year,

two ranks above a Budweiser Super Bowl ad. Hilsenteger's video was the only Canadian-made clip that trended globally in 2014, according to Google spokesperson Nicole Bell.

Torstar asked Hilsenteger to unpack the appeal of unboxing videos and learn how he went from a small-business owner to a YouTube celebrity with 5.3 million online subscribers.

"I've had an enthusiasm for

gadgets and technology and cool stuff since I was a kid," he said. "I was kind of always looking to get my hands on the latest and greatest stuff. Back then, I had to convince my parents to get it for me."

"I started to make some tutorial videos. I published those to YouTube and noticed I was immediately getting traction."

TORSTAR NEWS SERVICE



Lewis Hilsenteger TORSTAR NEWS SERVICE



URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

At work, I took a nice water bottle from the pantry. I thought someone must have forgotten it. Later a colleague came by looking for it. If I give it back now, he'll surely think of me as a thief. What should I do?

Dear Ellen,

I know I have done something wrong. In the pantry at work, I saw a nice water bottle and thought that someone must have forgotten it there. I really liked it and kept it in my bag. Then, about two minutes later, a colleague came by, dumb-struck that his water bottle had disappeared. I thought if I told him I took it, I would come in his bad books of stealing. He looked around and asked people for about 20 minutes before giving up. I genuinely thought that the bottle was left there and no one wanted it. Now I feel really bad but don't know what to do. If I give the bottle back now, he will surely think of me as a thief. Right?

Thanks, Anonymous

Dear Anonymous,

This is a classic error, one that many of us have made. Caught in an innocent but embarrassing faux pas, we choose to lie our way out of it — either by commission (vigorous denials) or omission (playing dumb).

A person with no conscience would leave it there, privately regret the error, quietly dispose of the water bottle, and move on.

A person with an evil side might even take advantage of the situation and take it further — framing a work-

place nemesis by planting the "stolen" water bottle on their desk or in their locker, then pointing the aggrieved colleague toward the evidence and sitting back to watch the fur fly.

But you, Anonymous, are clearly a person of firm morals and exquisite conscience — perhaps not quite as guilt-ridden as the murderer Raskolnikov in Crime and Punishment, but clearly suffering greatly for your inadvertent crime.

The most obvious solution is to come clean and return the water bottle along with a copy of the letter you sent me, above. Hopefully, your colleague will have a sense of humour about the whole zany situation and you can

both have a good laugh about it!

Then again, he could accuse you of being a common thief, report you to HR for stealing and persuade everyone in your workplace to ostracize you from now on. That would be unpleasant, and I wouldn't blame you for considering other options.

I would caution you against any sitcom solutions. For example, if you FedEx the water bottle to your outraged colleague, with an anonymous note claiming to be a reformed kleptomaniac courier, sitcom logic would inevitably require your colleague to contact FedEx, make them narrow down the list of suspects, and get an actual, innocent courier

fired — which would make you feel even worse.

My advice is to discreetly return the water bottle to the pantry. Stuff it into a cupboard or toward the back of the fridge, but make sure it will eventually be found.

Your colleague will soon have his precious water bottle back and, hopefully, conclude it was an innocent office mix-up, which, basically, it was.

No harm, no foul. And next time you'll know to pipe up and take your lumps in the moment, rather than drag out the torture by trying to wiggle out of it.

Need advice?
Email Ellen:
scene@metronews.ca

Isn't it the best
to go home from work
with a clean conscience?



ROSEMARY WESTWOOD

It's time to get behind International Safe Abortion Day

Among the confounding aspects of anti-abortion laws is the fact that they have a negligible impact on actual abortion rates.

Internationally, the rate of abortion in countries with highly restrictive laws is about 37 for every 1,000 women of childbearing age — compared to 34 for every 1,000 in countries with higher access, according to the Guttmacher Institute.

In essence: Many women who want or feel they need to terminate a pregnancy will find a way, no matter the risk (abortions cause an estimated 15 per cent of maternal deaths). That makes anti-abortion laws a colossal policy failure, as well as dangerous.

And yet, thanks to the iron grip of those religiously or ideologically opposed to them, abortions remain taboo on the world stage.

This September, hundreds of organizations from 73 countries are pushing for the United Nations General Assembly to designate Sept. 28 as International Safe Abortion Day, something already celebrated, but without such official backing.

The move would be largely symbolic — a chance to draw awareness and donors. An opportunity for countries like Canada to apply diplomatic pressure to nations like Paraguay, which last year refused a 10-year-old rape victim an abortion.

A day wouldn't force any

country to change its law. It wouldn't give women better access to safe abortions (at least, not directly).

And yet, Marge Berer of the International Campaign for Women's Right to Safe Abortion has little hope the measure will succeed. The political influence of nations — mainly in Latin America, Africa and Asia — that continue to outlaw abortion in all or most cases is almost certain to be a stumbling block, she told me.

"I'm not expecting a fast easy win here, but I do think that if things go right, we will have started a conversation that I hope will take off," Berer said.

The Zika outbreak could fuel that. Latin America — the birthplace of the Sept. 28 day of advocacy — is ground zero for renewed international scrutiny of abortion rights in the wake of the virus, which gravely damages fetuses. Requests for abortions in Brazil, for example, have reportedly doubled.

"We are all very alarmed and I do not want have a sick baby, please," one Peruvian woman begged an online abortion pill provider.

Canada should not count itself among the nations indifferent to this woman's suffering, and millions like her around the globe. We should get behind International Safe Abortion Day.

Listen to Nth Wave, Rosie's podcast on women in media:
metronews.ca/podcasts

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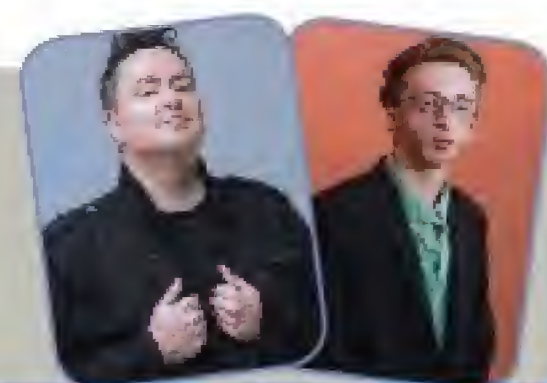
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Board games

"I feel like the Olympics needed us more than we needed them at this point," Tony Hawk tells Metro, about the inclusion of skateboarding in the Summer Games. COURTESY GEORGE PIMENTAL

INTERVIEW

Tony Hawk's clothing line is going mainstream

Genna Buck
Metro Canada



Tony Hawk isn't just a skateboarding legend, 10-time gold medallist at the X Games and star of one of the most beloved video games of the early 2000s.

He's also a philanthropist who helps fund skate parks around the world, and a father of four, including 23-year-old pro skateboarder Riley Hawk.

And though he's toned down his daredevil ways at 48, Tony Hawk is still doing gravity-defying tricks for a new generation of skaters and fans on social media.

Now his clothing line — which for now is only for men and boys — is headed for the mass market via Walmart.

Metro caught up with Hawk between demos at Toronto's Yonge-Dundas Square to chat about closing skateboarding's gender gap, and how the Olympics could make the sport truly global.

When you started skateboarding, it was a bit of an underground thing. Is there anything left of that? I think there are still the hardcore skaters that want to go out and hit the forbidden terrain, and the handrails — the public spaces that they're not supposed to. That element is very much alive in skateboarding. On the other side of that, there's a very real opportunity to make a career out of it. So I don't see the success taking anything away from the heart of skateboarding.

What does the inclusion of skateboarding in the

Olympics mean to you?

It's a sense of validation. At the same time, I feel like the Olympics needed us more than we needed them at this point. They needed that cool factor in the Summer Games, and they're going to get it with skateboarding.

Is there anything you see skaters doing now that makes you say, "Wow, that never would have happened in my day"?

I'm delighted by the tricks that are happening, that kids learn early on. Stuff that wasn't even invented when I was their age. Those are considered the basics now. For instance, a kickflip (where a rider flips their board 360 degrees horizontally). Rodney Mullen created it. I think I was 13 at the time. No one else could do it for years. It took me a long time to learn it. Basically, if you start skating (now), people expect you to do it.

Why is your clothing line being sold at Walmart? It's not the punkest retailer that comes to mind.

Our clothing line was originally our own. Quicksilver bought it, and then it was in stores in the U.S. and it kind of remained stagnant there, because Quicksilver was having problems. Cherokee bought it, and our first direction to Cherokee was: We want to make this international. Walmart picked it up, and we're thankful because it's way more affordable and the same quality.

Why is the line only for boys and men?

A girls' collection is a great idea and certainly something we are considering.

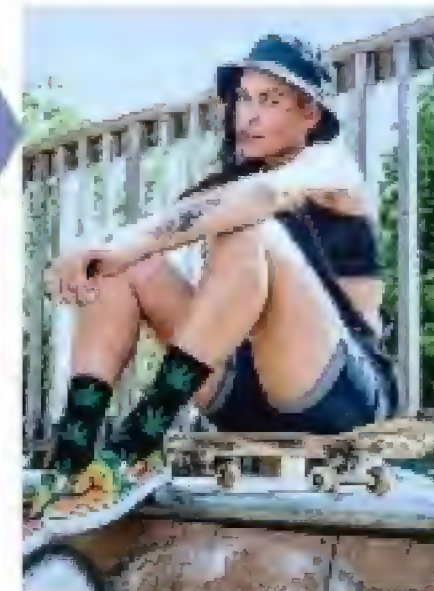
What would you say to a girl who's interested in the sport?

It's a new sense of freedom. It's a way to be creative, and I think it's a way to find self-confidence that maybe you can't find in other places.

METRO ASKS ON THEIR BEHALF

Members of Toronto's Babes Brigade — a women's skateboarding group whose name was inspired by Tony Hawk's one-time squad the Bones Brigade — had some questions for one of their heroes.

You have been able to watch the skateboarding scene develop over the years. Where do you see it going in the future in regards to popularity? Will it continue to grow?
-Stephanie Battieste



COURTESY CHRISTELLE GROB

Hawk's answer: I think so, just based on how it's growing internationally. We've seen skate scenes blossoming in Cambodia, Ethiopia, South Africa, in the most unlikely places. Now, with the inclusion in the Olympics, we're going to see that go even further.



COURTESY CHRISTELLE GROB

What do you think about the gap in prize money for skate competitions? For example, when men win \$200K and women \$30K in the same competition. Do you see that gap closing?
-Chantal Garcia

Hawk's answer: I think it is closing as we speak. I'm not really in charge of any of that, so I'm not going to say I'm going to make these demands on it, but I see the equality shifting in unlikely places, like Afghanistan, like South Africa — the ratio of boys to girls skating is equal. That's not the case in North America. With the Olympics, if you include a sport, it's male and female. So out of the gate, we're going to have equal events.

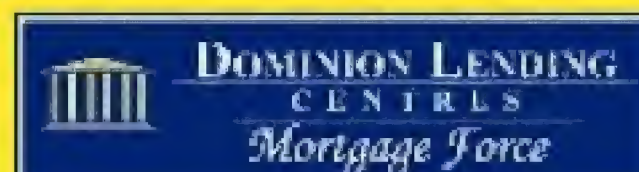
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WHY I LIKE MY JOB

Josh Bickle, 30, Real Estate Sales Representative with Keller Williams Energy Real Estate Brokerage in Durham Region.

I've always been on the hunt for rewarding work that helps both people and the community. At first, I had a difficult time finding a role that truly spoke to me. But a little over a year ago, a friend told me about the benefits of working in the real estate industry and I was sold.

Initially, I did some research and spoke with a few real estate brokers who encouraged me to enrol in Real Estate College with Ontario Real Estate Association (OREA). I powered through the first four mandatory courses in as little as four months, and now I'm able to train while working full time as a real estate sales representative with a brokerage in Durham Region.

I'll never forget my first sale. I got to bring my clients directly to the property, observe their reactions as they walked through it, and listen in as they eagerly laid out their plans for each space. Hearing them cheer when I told them their offer was accepted was such a phenomenal feeling!

I think anyone can do well in real estate if they have the passion and drive. If you're committed to putting in the work, your success will come full throttle. No day or hour is alike; every client, property and experience is unique — a quality you'll rarely find in other industries.



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Data for this feature was provided by payscale.com, service-canada.gc.ca, realestatelicensehq.ca and onetonline.org.

HOW TO START

Educational and licensing requirements in the real estate sector are determined by provincial regulators. In most cases, courses can be completed at the student's desired pace through a real estate association or council. Upon successful completion of each course, a prospective agent must seek sponsorship from a licensed broker before practising in the field. Some colleges offer courses in home staging, home inspection and property management, which can be useful in gaining employment.

WHERE YOU CAN GO

As the nation's population increases, the number of available housing units will likely continue to climb. Younger real estate agents are beginning to replace retirees, and many are finding innovative ways to advertise and sell home, farmland, commercial or industrial properties through social media and other emerging technologies. While most opportunities stem from brokerage firms, alternative career options include office and property management, mortgage banking, urban planning, land development and real estate appraisal.

NEXT CAREER STEP

Success in the real estate industry requires excellence in client service and time management. Good service will often translate into positive referrals, which are crucial to getting established as a reputable and prosperous agent.



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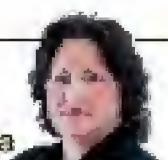
ROBERTSON COLLEGE

A plan for when best-laid plans fail

ADVICE

Dealing with inevitable crap is better than 'to hell with it!'

Gail Vaz-Oxlade
For Metro Canada



Have you ever just felt like saying, "To hell with it!"? You've been trying to get your credit card balance paid off, but for the third month in a row life has gotten in the way.

The car's transmission gave up the ghost, so now you're swapping the plans you made for a need-to-fix!

If you let the bad mood that comes with plans being sent sliding get the better of you, you're likely to make some awful decisions. Sure, you feel like you'll never get ahead, but saying, "To hell with it!" isn't the answer. So what is? Well, studies show that if you have a back-up for when your best laid plans get derailed, you're far less likely to do yourself serious damage.



Being prepared for that bad mood when stuff goes wrong will usually put you back on the right track and help you avoid irrational anger-fuelled choices. iStock

One study used an anagram task to put students in a bad mood. Half the participants were told the task was easy and would

only take five minutes to complete. It was a trick. Three of the anagrams were unsolvable, putting those participants in a

grumpy mood. But other participants were told the truth, so no bad mood. Then all the participants were asked to de-

scribe how they would behave in three imaginary scenarios:

- Whether they'd drive an old car with brake problems;
- Whether they'd disclose a secret to a roommate;
- Whether they'd return deliberately damaged shoes to a shop for a refund.

So did those who were ticked go off the deep end? Some of 'em. Over the previous week, half of the same students had been asked to keep a mood diary. The idea was to stay as positive as possible using an "if/then" mantra, as in "if I get into a bad mood, then I'll watch funny cat videos."

Those who didn't have experience with the if/then model were prepared to take more risk — to hell with it! Those who had a solid back-up plan were inoculated from the self-defeating behaviour.

The lesson: If you come up with plans that state "if a certain situation occurs, then I will respond in a pre-specified way,"

you won't risk doing yourself in with a stupid decision. The pre-formulated back-up assuages your need to shoot yourself in the foot.

Your if/then doesn't even have to be all that concrete. It's more a matter of acknowledging that a downside is possible and that you're prepared to deal with it.

So simply having a plan to breathe deeply when a setback occurs, or to look for ways in which you've successfully dealt with setbacks in the past, is enough to keep you from going off half-cocked.

To think that crap will never happen because you have carefully thought out your plans is crazy! Crap always happens.

If you don't have a back-up plan, "To hell with it!" will drive you down the wrong path. Accept that even the best-laid plans can be sent awry by things beyond your control. Have a plan for dealing with a set-back. You're far less likely to dig your misery hole even deeper.

“

If you let that bad mood get the better of you, you're likely to make some awful decisions.



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People who couldn't get a ticket to the concert gathered in Springer Market Square in downtown Kingston Saturday night. One third of all Canadians tuned in to the show on CBC (TV, online and radio) — that's 11.7 million people. THE CANADIAN PRESS

AFTER THE SHOW

In Kingston, the show's over but fans hope for Downie's return

Kristen Lipscombe
Metro | Halifax

The grey skies above Kingston seemed to weep Sunday morning.

Following a bright and sunny day that brought tens of thousands into the small city's core to celebrate The Tragically Hip, strong winds and curtains of rain blew through the band's hometown, leaving downtown streets empty in the wake of the previous night's historic Canadian concert.

Three Kingston natives, who scored tickets to the show at K-

Rock Centre, commented on the post-concert emptiness in Springer Market Square.

Just the night before, more than 25,000 had gathered to take in the final show of the Man Machine Poem Tour, live on the big screen.

"There's nobody around," Steve Mitchell, who came home from Vancouver, along with sister Julia Boileau and childhood friend Gord Sinclair (no, he's not the guy in the band).

"This was a different performance; it's kind of like he was saving it for this," said Mitchell, who attended the Vancouver show.

Gord Downie sang his heart out and bared his soul not just in Kingston but in cities nationwide on an emotional tour following his announcement of terminal brain cancer.

"They're all so courageous; it's amazing," Boileau said. "I think he's done wonders for the cause."

Downie, bassist Gord Sinclair

KINGSTON FANS REACT

“

Knowing what (Gord Downie) was going through ... he was definitely struggling, but he put on a hell of a show.

Owen Barr, 18

“

It was certainly a national celebration ... The entire thing was really moving.

Ashley King, 24

(the one in the band), guitarists Paul Langlois and Rob Baker, and drummer Johnny Fay, have long contributed to the Kingston community, and Canadian culture as a whole.

The band has established the Gord Downie Fund for Brain Cancer Research at Sunnybrook Hospital in Toronto, where he's

being treated.

"They do a lot of work in the area," Sinclair said. "They're a great hometown band; it's sad to see it end."

Mitchell doesn't think it's over: "The guy looks pretty fit; he's going to be around for a while. I don't think that's the end of it."

JOHANNA SCHNELLER
WHAT I'M WATCHING

Geekertainment for your inner fanchild

THE SHOW: *Geeking Out*, Season 1, Episode 1, (AMC)
THE MOMENT: Matt Damon's audition

Co-host Kevin Smith, in his trademark jersey and ball cap, plays a game with guest Matt Damon, who's promoting his new film *Jason Bourne*.

"Everyone on the net is like, one day Matt Damon is gonna end up in the D.C. (comics) universe," Smith says. "So I pulled some lines from characters you could be."

One of the lines is simply, "Shazam!" Damon freaks out. "I broke my ankle when I was three because I jumped off a jungle gym yelling 'Shazam!'" he babbles. "I didn't know Shazam was D.C."

"Captain Marvel is the character," Smith geeksplains. "Shazam" is the word he says to change from a boy to a superhero.

To read a line as Green Arrow, who has lost an arm, Damon pulls an arm inside his polo shirt sleeve.

Smith claps and chortles, "This is a man who commits!" They high five. (Smith high-fives a lot.)

Smith, best known as the director of *Clerks* and *Dogma*, is an unabashed movie fan — his signature expression is pop-eyed glee — and his

co-host, actor Greg Kinnear, is the same.

Their show is little more than a highly enthusiastic half-hour commercial for whatever genre stuff is coming out.

It's *Geekertainment Tonight*, by fanchildren for fanchildren.

They go to Comic-Con and rave about how great it is. They yell things like, "This is a really cool segment!" (They yell a lot.)

They play extended trailers, and then talk excitedly about them.

The studios must roll around in this series the way a dog rolls in dead bird.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Kevin Smith is an unabashed movie fan. CONTRIBUTED

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Two Mongolian wrestling coaches stripped to protest Ganzorigiin Mandakhnaran's loss to Uzbekistan's Ikhtiyor Navruzov for a bronze medal



1 Strong finish — The host Brazilians ended off on a high winning gold in men's volleyball. They beat Italy 25-22, 28-26, 26-24 in the final.

2 Golden again — Middleweight Claressa Shields became the first American boxer of either gender to win two Olympic boxing gold medals when she beat Kazakhstan's Dariga Shakimova 3-0.

3 U.S. too strong — Kevin Durant poured in a game-high 30 points for the U.S. in a 96-66 victory over Serbia in the gold-medal game in men's basketball. The Americans finished with 46 gold medals and 121 overall.

4 Mountain man — Switzerland's Nino Schurter blew away the field in men's cross-country mountain biking. PHOTOS BY GETTY IMAGES



Going above and beyond their goals

RIO2016

Canada finishes 10th in total medals with 22

The Canadian medal haul is impressive, 22 in all, the most ever in a non-boycotted Olympics and more golds than any Games since 1992 in Barcelona, a total that exceeded the more optimistic of predictions.

But Canada's performance in Rio was more than that, it was the way the athletes handled themselves in victory and defeat, how they met the challenges that always arise, how they didn't succumb to the predictions of organizational horror.

How they were Canadian. "We feel we did a really strong and successful job of having our athletes understand the environment they are coming into, to be respectful of the environment that they're in and complying and using common sense," chief de mission Curt Harnett said at a Games wrap-up news conference Sunday morning.

"It's all about the plan and what the COC does very well is plan and prepare."

All that planning and preparation allowed the athletes to put on a collective performance few saw coming.



Trampolinist Rosie MacLennan won one of Canada's four gold medals. DAVID RAMOS/GETTY IMAGES

Canada finished with 22 medals — four gold, three silver, 15 bronze — that, discounting the boycotted 1984 Los Angeles Games, matches the best-ever total from Atlanta in 1996.

There were Canadian and Olympic records set in the pool and on the track; there is every reason for Canadian Olympic Committee officials to laud the work of the men and women on the fields of play.

"We knew Canada was going to be great but they crushed it,"

43
Canadian athletes came up with 43 top-five finishes.

assistant chef de mission Carol Huynh said.

Canadian women won 16 of the 22 medals and Penny Oleksiak, the 16-year-old swimmer who won four of them, was named the flagbearer for Sunday's closing ceremony.

"Definitely on the camaraderie side of it, there was a little rib-jabbing from the women on the team, saying 'When are you guys going to step up?' but the support and the spirit within the village ... was really quite spectacular," Harnett said.

Canada's total put it 10th among countries via the COC mandate of total medals rather than being ranked by golds, surpassing their goal of a top-12 finish. TORSTAR NEWS SERVICE

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Safety-first saga heads south

MLB

Sanchez sent to Dunedin as Jays get creative with 6-man rotation

It may be an unprecedented major-league move, taking a healthy 24-year-old all-star pitcher, a man in the Cy Young conversation, and optioning him to Class-A as a strategy to conserve innings.

But that's exactly what happened to Blue Jays right-hander Aaron Sanchez on Sunday, sent to Dunedin not to pitch but to stay in shape for his next start, Aug. 31 at Baltimore.

On Saturday night at sold out Progressive Field in Cleveland, Sanchez worked four innings in a no-decision, throwing 77 pitches, 40 of them coming in the fourth inning alone.

When he reported to the ballpark on Sunday he was a minor-leaguer.

"At the end of the day it comes down to winning ball-games, and if I'm just going to be sitting here knowing they're



“It's not like my season is over so it's normal work when I go down there, nothing changes for me.”

Aaron Sanchez

RALPH FRESO/
GETTY IMAGES

going to skip my start, why don't we bring somebody up to help continue to win ball-games," Sanchez said of his discussions with GM Ross Atkins and manager John Gibbons. "There are no hard feelings. Hopefully we continue winning."

Since going to a six-man rotation with the addition of left-

hander Francisco Liriano from the Pirates, Atkins has spoken about the need for "imagination" in terms of moves that might help ensure Sanchez remains healthy. A key for the Jays is that this 10-day vacation will allow Sanchez to return and start the final game of the Orioles series at Camden Yards on Aug. 31, along with Marco

Estrada and J.A. Happ, their three hottest pitchers.

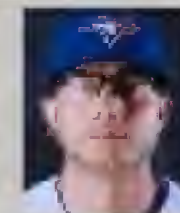
"That's what this game's about and I think, often times, people can lose sight that it takes a team," Atkins said. "There's so much at stake. Service time, money, careers, health, and when guys can take a step back and think about it it's a lot cooler to be a part of

+ SUNDAY IN CLEVELAND

Jose Ramirez hit a two-run homer off Brett Cecil in the eighth inning and the Cleveland Indians rallied past the Toronto Blue Jays 3-2 Sunday to win the series between teams that began the game as AL division leaders.

The Indians took two of three, with each game decided by one run.

THE ASSOCIATED PRESS



Brett Cecil
GETTY IMAGES

25 than to focus on one."

Sanchez was brought in to the discussion about the move on Sunday, though the basic concept of skipping this start was discussed with him as far back as the first week of August.

There are several reasons why he was dispatched to Dunedin instead of Triple-A Buffalo. Sanchez has a home in Palm Harbor, Fla., about 20 minutes from the Jays' minor-league complex, and he will be close to the team's high-performance and rehabilitation staff. Besides, the idea of not pitching in Dunedin is the same as not pitching in Buffalo.

It was an amazingly receptive Sanchez that discussed the

unorthodox move with media on Sunday. Most players, once they are in a major-league environment, don't ever want to see the minors again unless they are on injury rehab. Sanchez is not injured but is trying to prevent injury, even though any connection between a 24-year-old's innings count and potential arm problems are unproven.

"I'm going to continue doing everything I would do on a normal five days, bullpens included," Sanchez said. "I'm going to continue what I've done here. I still have to get ready, it's not like my season is over so it's normal work when I go down there, nothing changes for me." TORSTAR NEWS SERVICE

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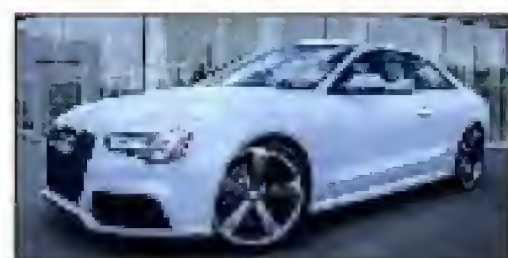


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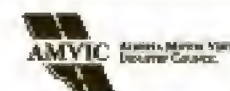
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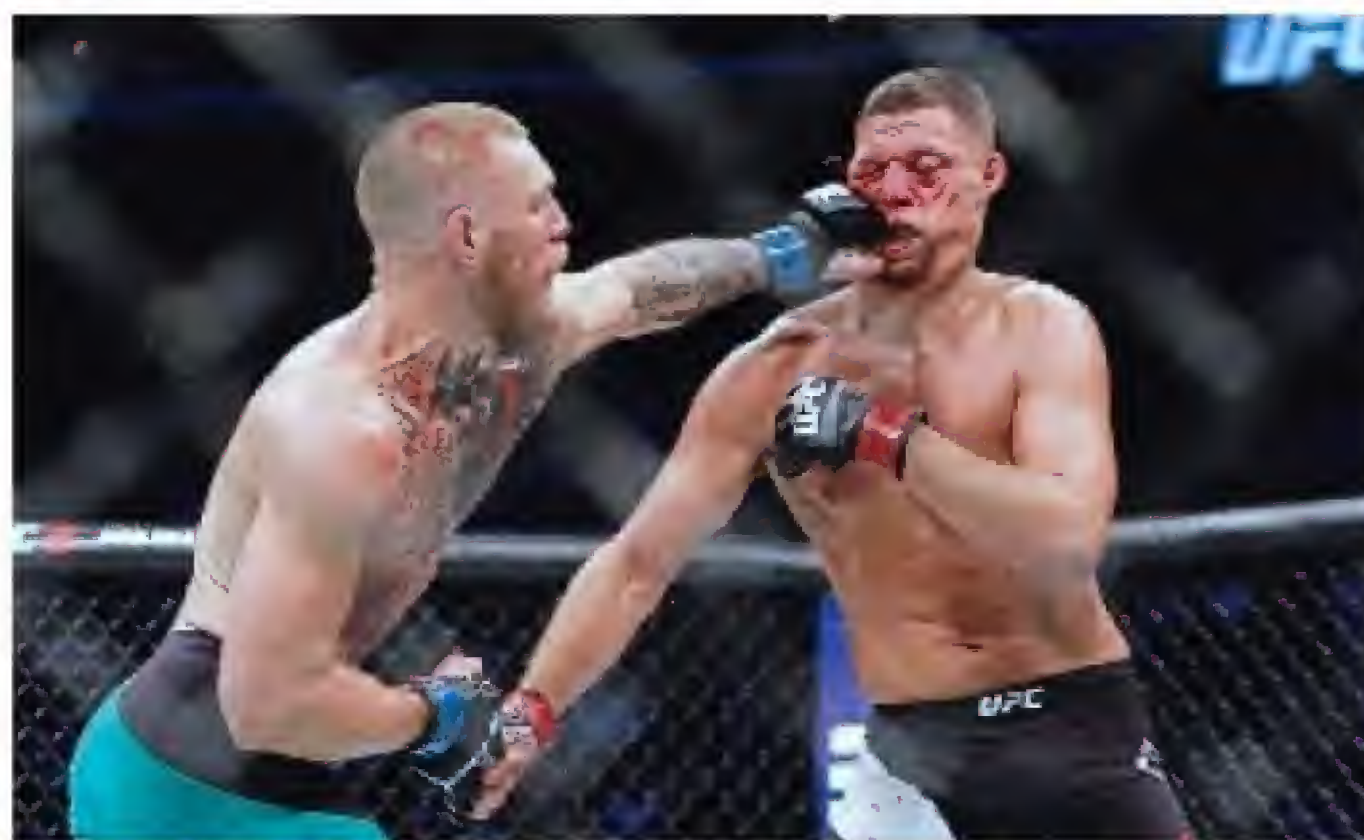
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Conor McGregor, left, went toe-to-toe with Nate Diaz for five rounds on Saturday night in Las Vegas. STEVE MARCUS/GETTY IMAGES

Rivals already talking trilogy

UFC

McGregor evens score with majority-decision win

Conor McGregor got his revenge. Now he wants a third fight on his terms.

McGregor evened the score in his rivalry with Nate Diaz by outpointing him Saturday night at UFC 202 in a rematch of their two-round welterweight thriller in March.

The two put on an action-packed fight in which McGregor came out strong and then hung on in a tiring, bloody slugfest. Two of the judges scored it 48-47 for McGregor, and the other had it 47-47.

McGregor immediately chal-

lenged Diaz to a third fight — but only if Diaz would come down to the lightweight division.

"Surprise, surprise! The king is back!" McGregor said. "If you want this trilogy, it's on my terms. I came up to 170, now you'll come back to 155 and we'll finish what we've started. I knew what I had to do this time around and I did it."



**I want No. 3,
I gave him No. 2,
so let's do it.**

Nate Diaz

McGregor (20-3) forced the action in the opening round, landing multiple leg kicks to Diaz's lead leg and a straight left that knocked down Diaz (20-11).

The Irishman took down Diaz twice more in the second round, bloodying his nose and appearing to have total control of the fight.

"I could have gone in there and pressed, but I was patient," McGregor said.

The persistent Diaz found his footing later in the second, though, unleashing a flurry of strikes and knocking McGregor against the fence. Diaz continued to attack in the third and, for the final 90 seconds of the fourth, they stood in the centre of the cage and exchanged blows.

They traded punches again in the fifth, and neither gained an edge until the final 10 seconds, when Diaz secured a trip and landed a few final shots from on top before the bell rang.

"I came here to fight. I want No. 3. I gave him No. 2, so let's do it," Diaz said.

THE ASSOCIATED PRESS

IN BRIEF

Si Woo Kim coasts to his first PGA Tour title

Si Woo Kim won the Wyndham Championship by five strokes Sunday for his first PGA Tour title.

The 21-year-old South Korean player closed with a 3-under 67 to finish at 21-under 259 at Sedgefield Country Club, tying the tournament 72-hole record set eight years ago by Carl Pettersson.

Kim set a tournament record with a 60 in the second round.

THE ASSOCIATED PRESS

LA LIGA

Bale comes up big in Ronaldo's absence

Gareth Bale scored twice to help Real Madrid start the Spanish league with a 3-0 victory at Real Sociedad, while Atletico Madrid was held 1-1 after conceding a last-gasp goal to Alaves on Sunday.

With Cristiano Ronaldo injured, Bale's second-minute header set Madrid on its way to a comfortable win that youngster Marco Asensio put beyond doubt with his second goal in as many matches for the reigning European champions.



Gareth Bale GETTY IMAGES

Bale wrapped up the scoring in the final moments of a one-sided game. THE ASSOCIATED PRESS

RECIPE Chicken Paillard with Basil Avocado Salsa

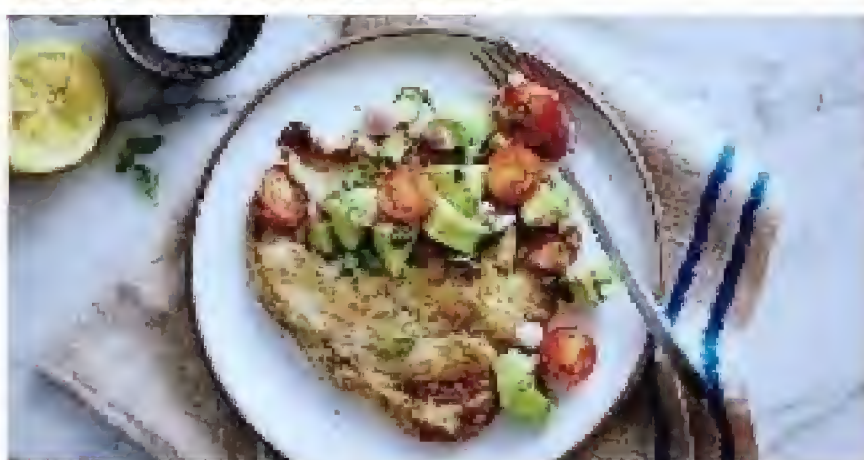


PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

What do you make in a heat wave? Dinner salads like this that are short on cooking time but long on flavour.

Ready 20

Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced
- 2 tps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

4. Serve chicken with salsa, drizzle olive oil and sprinkle of chopped basil.

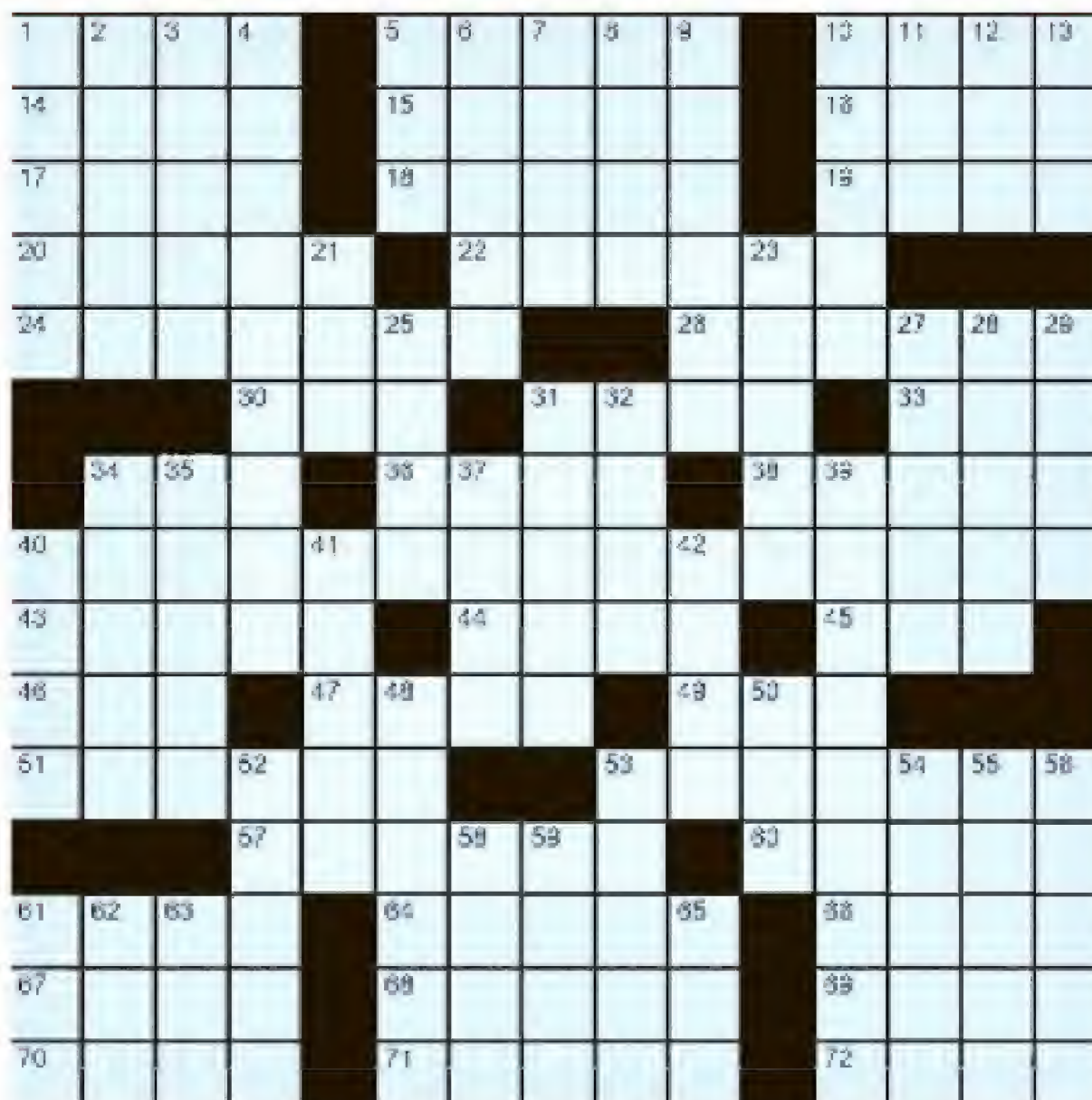
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1. "Can You Hear Me?" by Barbra Streisand
5. Arf! _ Apso
10. Bonfire bit
14. Pronto! to a CEO
15. Boring tool
16. Go back-packing
17. Giddy-up helper
18. Band Eric Clapton once was in
19. Particular
20. Cylindrical crops-containing country constructions
22. Acting do-over
24. New\$ \$tory. The _
26. Skims, as soup
30. _ generis (Unique, in Latin)
31. Chunk
33. US state
34. Mai _ (Cocktail)
36. Design style, Art _
38. Hawk's home
40. "Rich Girl\$" Canadian band: 3 wds.
43. Not napping
44. Souls: French
45. Smidgen
46. Ms. Streep, to pals
47. Hope of US soccer
49. "Where the Boys _" by Connie Francis
51. " _ Little Liars"
53. Defended,



as a castle
57. Take to be true
60. Topic
61. Car rental company
64. Verity
66. Barbera d' _ (Wine of Piedmont, Italy)

67. Great _ Valley
68. "Doctor Do-little" (1967) star Samantha
69. Mount _ (Site of King David's Tomb in Jerusalem)
70. Lawyer's undertaking
71. Respites

72. Goes off course

DOWN

1. Out of style
2. Savoury gelatin
3. Brazil's Sao _
4. Feature in a farmhouse-style kitchen: 2 wds.

5. Quebec locale, _-Beauport
6. Go about things quickly
7. James _ (Pulitzer-winning writer)
8. Chair
9. The Spanish _
10. Crook
11. Drollness

12. White House nickname
13. Bit of bling
21. Q. " _ is the alphabet's 21st letter then?" A. "Correct."
23. Shish _ (BBQ sizzler)
25. Skirt length
27. Left ventricle tube
28. _ and true (Reliable)
29. Visionary
31. Chump
32. Actor Chad
34. Calgary _ (Downtown Calgary attraction)
35. Mindful
37. And others [abbr.]: 2 wds.
39. Town in south-eastern Saskatchewan
40. Rather wet
41. Kanye, Mae and Adam
42. Isaac's older son
48. Pearl source
50. City creature
52. Flavour
53. Bug: 2 wds.
54. Nora Ephron's writer sister
55. Curve
56. University big-wigs
58. Press
59. Java cups
61. Joan of _
62. Train name in Canada
63. Perhapses
65. Time units, briefly

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next four weeks, you want to get organized! Your priority is to be efficient, effective and productive!

Taurus April 21 - May 21
Lucky you! The next four weeks are full of opportunities to enjoy sports events, vacations, parties, playful activities with children and romantic adventure.

Gemini May 22 - June 21
Home, family and your private life will be your primary focus in the next month. Continue with repairs and redecorating projects.

Cancer June 22 - July 23
Your daily pace will accelerate for the next four weeks because your agenda is busy. Short trips, errands, conversations with many people and increased reading and writing are just some reasons.

Leo July 24 - Aug. 23
Now your attention turns to money, earnings and possessions. Listen to your creative side about money-making ideas in the next few weeks.

Virgo Aug. 24 - Sept. 23
Today the Sun enters your sign, where it will stay for the next four weeks attracting people and positive situations to you. It's your turn to re-energize and restore yourself.

Libra Sept. 24 - Oct. 23
Use the next few weeks to start to plan what you want your new year (birthday to birthday) to be all about. Set some goals with deadlines. What's to lose?

Scorpio Oct. 24 - Nov. 22
Everyone wants you on his or her team in the next four weeks, which is why your popularity will increase. Enjoy schmoozing with others.

Sagittarius Nov. 23 - Dec. 21
For the next four weeks, the Sun is at the top of your chart. This is the only time all year this occurs, and it makes you high-viz with everyone, especially bosses and VIPs.

Capricorn Dec. 22 - Jan. 20
Travel if you can in the next few weeks, because you want to push the boundaries of your world. You want more out of life.

Aquarius Jan. 21 - Feb. 19
Discussions about shared property and inheritances are a strong focus for you in the next few weeks. Tie up loose details, because things will go in your favour.

Pisces
Feb. 20 - March 20
For the next four weeks, the Sun is opposite your sign, giving you a chance to get a better handle on your style of relating to those who are closest to you. Use this to learn something valuable.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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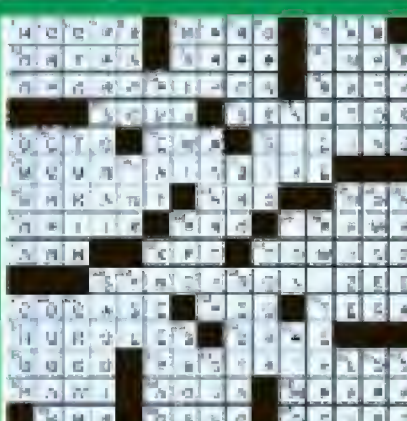
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780-465-3535

Offer(s) available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from Aug 3 to 28th, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,740, \$22 AMVIC, \$100 A/C charge (where applicable). Excludes taxes, licensing, PPSA, registration, insurance, and down payment (if applicable and unless otherwise specified). Representative Financing Example: Financing offer available on approved credit (DAC) on a new 2016 Forte 5DR LX+ (F0752G) with a selling price of \$22,300 is based on weekly payments of \$54 for 84 months at 2.75% with a \$0 down payment and first monthly payment due at finance inception. Cost of borrowing is \$1775.04. Other taxes, registration, insurance and licensing fees are excluded. *Cash Purchase Price for the new 2016 Forte 4DR LX+ (F0743G) 2016 FORTE 5DR LX+ (F0752G) is \$17,240/\$17,830 with \$4,500 (including \$3500 in manufacturer's rebates and \$1000 in dealer participation). Prices do not include GST. Representative Leasing Example: Lease offer available on approved credit (DAC) on the 2016 Sportage LX AWD (5P751H) with a selling price of \$26,757 is based on weekly payments of \$75 for 48 months at 2.9%, with \$0 security deposit and first payment due at lease inception. Option to purchase at the end of the term for \$13,367. Lease has 16,000 km/yr allowance (other packages available and \$0.12/ km for excess kilometers). See your dealer or Kia.ca for complete details. KIA Protect - Job Loss Protection is job loss insurance coverage (the "Program") and is available to qualified retail customers of participating Kia retailers in Alberta who finance or lease a new Kia vehicle at a subvented rate of interest through an authorized participating Kia retailer. Kia Canada Inc. (KCI) will pay the cost of Job Loss Insurance (JLI) that may cover up to six months of the first year's lease or finance payments (to a maximum of \$500/month and a total maximum of \$3,000). If involuntary job loss (as defined in customer's JLI product guide and certificate of insurance) occurs within 60 days of the effective date of insurance (as indicated in customer's JLI product guide and certificate of insurance), no loss of employment insurance benefits will be claimable. If involuntary job loss occurs after 60 days of the effective date of insurance, customer must file a claim and is subject to a 60-day waiting period. If approved, payments will begin following the waiting period and are not retroactive. The term of this insurance is for 12 months from the effective date of insurance, and no benefits will be paid past the 12th month of the term. The Program only applies to customers who: a) are not covered by KIA Protect Loan Protection; b) have been continuously employed at their principal occupation for a minimum of 20 hours per week for the last 12 consecutive months; c) have not received formal or informal notice of impending job loss on the date of their lease or finance contract; and d) are not self-employed, seasonally employed or an elected government official. Documentation may be required. See your Kia retailer for complete details and conditions. KIA Protect - Job Loss Protection is underwritten by Co-operators Life Insurance Company, a member of The Co-operators group of companies and administered by LGM Financial Services. See dealer for details.

